

ABSTRACT

The present invention provides an external preparation for skin which contains, as a major ingredient, oleaginous substances extracted from sporoderm-broken spores from *Ganoderma lucidum*. The spores are preferably being treated with germination activation.

- 5 The oleaginous substances are preferred to be extracted by a supercritical fluid – carbon dioxide (SCF-CO₂) method. The oleaginous substances prepared by SCF-CO₂ is transparent and odorless. They also demonstrates effects on skin smoothening, wrinkles reduction, aging defiance, inflammation lessening, pigmentation lightening, and irritation alleviation. The external preparation can be a cosmetic or a therapeutic composition.

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